Nothing can take your beauty away, not even cancer.

Look Good Feel Better

is a national public-service program dedicated to helping Canadian women living with cancer learn special cosmetic techniques and hair alternatives to manage the appearance-related side effects of cancer and its treatment. Since 1992, the program has demonstrated how looking good on the outside can help a woman undergoing treatment for cancer to feel better about herself on the inside.

Many women undergoing chemotherapy and radiation treatment experience temporary changes to their appearance. Hair loss, including eyebrows and eyelashes, dry and sensitive skin, a sallow or pale complexion, puffiness or uneven skin pigmentation and nail discoloration are some of the common appearance-related side effects of cancer treatment.

“No matter what direction my cancer takes, I’m giving life my best shot each and every day. And that includes putting my best face forward.”

“Managing these changes, in addition to the medical questions, decisions and uncertainties associated with cancer, can make maintaining a sense of control difficult.

When it comes to appearance though, a woman can take charge. And when a woman takes control of looking good, something wonderful is likely to happen... She feels better too!”
Two-hour workshops are offered at 66 hospitals and cancer-care facilities across Canada. Led by industry-trained cosmeticians and wig specialists who donate their time and expertise, Look Good Feel Better workshops provide a safe and supportive environment where women benefit from the support and shared experiences of other women living with cancer, and also have the opportunity to learn makeup tips, hair alternatives, nail and skin care, and cosmetic hygiene.

Participants are guided through the hands-on workshop experience with a complimentary tool kit of cosmetic products, generously donated by the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA).

A guide and how-to video are also available to women who are unable to attend a workshop, and would like to participate in the Look Good Feel Better experience.

The annual Look Good Feel Better magazine is a valuable resource for women living with cancer, as well as their family, friends, colleagues and health care professionals. From lipstick to lifestyles, pedicures to profiles, the magazine includes makeovers, personal stories of success and inspiring information to help women face cancer with confidence.

For more information about this unique program, or to learn about free Look Good Feel Better workshops in your community, call our toll-free number (1-800-914-5665) or visit our Web site at www.lookgoodfeelbetter.ca

Look Good Feel Better was founded in 1992 by the Canadian Cosmetic, Toiletry and Fragrance Association Foundation, a charitable organization sponsored by the cosmetic industry's trade association. Additionally, the program is supported through the generous patronage of Friends of the Foundation.

Endorsed by

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